



Invigorate Don't

Affordable, Flexible, Convenient! Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. It's easy, it's affordable, so what are you waiting for? MOVE IT!

move it! CLASS DESCRIPTIONS

North Kirkland Community Center • 12421 103rd Ave NE, Kirkland WA • 425.587.3350

flexible

convenient

Gut and Glutes **NEW!**

Lift and tighten your rear, decrease belly fat and tone your abs, and don't forget about your legs. Don't get mad, get even, and in the best shape of your life in this class that incorporates step, cardio, weights, and mat work, to help you seek your ultimate revenge, a new toned you!

Body Sculpting

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45 minute class could give you a new look without the chisel. We start with a 10 minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

Circuit Training

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

“Jane's early morning workout classes offer total body workout with strength, stretch, and aerobic exercise. A variety of music, alternative options, enthusiasm, friendship, and the rest of the morning free!”

— Jane V.

Dance Aerobics

Do you have the urge to go dancing but no interest in nightclubs? Well, this is the class for you! Here is your chance to get fit while learning moves you've always wanted to try, from hip hop to the cha cha. Whether you're a pro athlete or beginner, this class is guaranteed fun and a great cardio workout. So, stop dancing alone in your living room. Come join the party and get your groove on. Let's dance!

Early Bird Low-Impact Aerobics

Start your day out right. This class is designed for people of all ages and fitness levels. Come join the fun fat burning, muscle toning, keep-it-moving class! Please bring a mat and large towel to class for floor work. Good for all ages.

Early Bird Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

Fitter and Firmer

This class is designed for those who desire to improve their current level of cardiovascular fitness, empowering themselves with more toned bodies, and strengthening muscular capabilities. By strengthening and toning with resistance bands, abdominal work, and prolonged aerobic movements, participants will increase lean muscle mass which raises the metabolic rate to help burn fat longer, increase stamina and fitness level, improve body tone and strength, and just plain make us feel great!

Pilates/Strength Work

Pilates is a unique form of strength work that emphasizes the mind/body connection. Our lively class combines Pilates with the use of hand weights, body mechanics, and rubber tubing for improved strength, flexibility, and balance. Become fitter and healthier in new ways! Bring hand weights and a mat to class.

Pilates/Yoga

Combine the benefits of core conditioning Pilates movement with gentle restorative fitness-based yoga movements for an effective, balanced workout. Increase strength, coordination and flexibility in new ways with this blended format. Please bring a mat to class.

Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

Zumba

Join us Thursday evenings and Saturday mornings for the newest addition to our Move It Fitness Pass. Zumba is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

Hibernate!

affordable

FALL 2011 CLASS SCHEDULE

All classes on this page included with your Move It! Pass
All inclusive Fall pass: Resident \$112 /Non-Resident \$134
To register use class #34333

Morning Classes

14 weeks ★ Sept 12–Dec 22 ★ No class 10/28, 11/11 & 11/21—11/26

DAY	CLASS NAME	TIME	INSTR.
Mon	Fitter & Firmer	9:30–10:30am	Laura
Tue	Early Bird Strength & Stretch	7–8am	Jane
Wed	Early Bird Low Impact Aerobics	7–8am	Jane
Wed	Fitter & Firmer	9:30–10:30am	Laura
Thur	Early Bird Strength & Stretch	7–8am	Jane
Fri	Early Bird Low Impact Aerobics	7–8am	Jane
Fri	Fitter & Firmer	9:30–10:30am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Laura
Sat	Zumba	9:40–10:40am	April

Evening Classes

14 weeks ★ Sept 12–Dec 22 ★ No class 10/28, 11/11 & 11/21—11/26

DAY	CLASS NAME	TIME	INSTR.
Mon	Circuit Training	6:20–7:10pm	Joleen
Mon	Pilates/Strength	7:15–8pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Circuit Training	6:20–7:10pm	Joleen
Wed	Pilates/Yoga	7:15–8:15pm	Joleen
Thur	Body Sculpting	5:30–6:15pm	Sandra
Thur	Gut and Glutes	6:20–7:10pm	Karen
Thur	Zumba	7:15–8:15pm	April

- ★ Ages 16 through adult
- ★ Passes are available at any time during the quarter at full price.
- ★ A Personal Wellness Survey must be completed by all participants before working out.
- ★ PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE

- ★ It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising.
- ★ Call Recreation Hotline 425.587.3335 if class cancellation is in question



“ I would like to say that since I started the Fitter and Firmer classes I have become a stronger person. The instructor welcomes suggestions and is such a positive influence. ”

— Janet S.



“ I thoroughly enjoy the classes, they are challenging and fun. The instructors are great and very motivating. The classes have definitely toned me up, yay! ”

— Caroline



A New Year, A New You!

WINTER 2012 CLASS SCHEDULE

All classes in this column included with your Move It! Pass
All inclusive Winter pass: Resident \$96 / Non-Resident \$115
To register use class #34334

Morning Classes

12 weeks ★ Jan 9–Mar 31 ★ No class 1/16 & 2/20

DAY	CLASS NAME	TIME	INSTR.
Mon	Fitter & Firmer	9:30–10:30am	Laura
Tue	Early Bird Strength & Stretch	7–8am	Jane
Wed	Early Bird Low Impact Aerobics	7–8am	Jane
Wed	Fitter & Firmer	9:30–10:30am	Laura
Thur	Early Bird Strength & Stretch	7–8am	Jane
Fri	Early Bird Low Impact Aerobics	7–8am	Jane
Fri	Fitter & Firmer	9:30–10:30am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Laura
Sat	Zumba	9:40–10:40am	April

Evening Classes

12 weeks ★ Jan 9–Mar 31 ★ No class 1/16 & 2/20

DAY	CLASS NAME	TIME	INSTR.
Mon	Circuit Training	6:20–7:10pm	Joleen
Mon	Pilates/Strength	7:15–8pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Circuit Training	6:20–7:10pm	Joleen
Wed	Pilates/Yoga	7:15–8:15pm	Joleen
Thur	Body Sculpting	5:30–6:15pm	Sandra
Thur	Gut and Glutes	6:20–7:10pm	Karen
Thur	Zumba	7:15–8:15pm	April

- ★ Ages 16 through adult
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Fitness

The Yoga classes below are NOT included in the Move It! Pass

Yoga By Heart

Health insurance for the soul! A unique blend of traditional yoga wisdom and cutting-edge science based on the understanding that physical, mental, and emotional well-being depends on how well energy flows through your personal life field. This class is specifically designed to strengthen your intuitive abilities and mystical awareness. Perfect, inexpensive tonic for these challenging times! All classes meet in the beautiful Heritage Hall in downtown Kirkland.

Wear comfortable clothing and bring a floor mat
★ Instructor: Deborah Shields Location: Kirkland Heritage Hall, 203 Market St.

Fall ★ 5 weeks ★ Resident \$74 / Non-Resident \$89

Tue	6:30–8pm	Sept 6–Oct 4	34316
Thur	6:30–8pm	Sept 8–Oct 6	34318
Tue	6:30–8pm	Oct 18–Nov 15	34317
Thur	6:30–8pm	Oct 20–Nov 17	34319

Fall ★ 4 weeks ★ Resident \$59 / Non-Resident \$71

Tue	6:30–8pm	Nov 29–Dec 20	34320
Thur	6:30–8pm	Dec 1–Dec 22	34321

Winter ★ 5 weeks ★ Resident \$74 / Non-Res. \$89

Tue	6:30–8pm	Jan 3–Jan 31	34322
Thur	6:30–8pm	Jan 5–Feb 2	34324

Winter ★ 6 weeks ★ Resident \$89 / Non-Res. \$107

Tue	6:30–8pm	Feb 14–Mar 20	34323
Thur	6:30–8pm	Feb 16–Mar 22	34325

Stretch and Tone Yoga Lunch Hour!

Take time for yourself during your lunch hour and enroll in our newest yoga class. Instructor Sally Rodich will combine all the elements of a stretch and tone class with easy beginner yoga moves for a fun way to get fit. Bring a mat and your sense of humor, this instructor likes a good chuckle!

LOCATION: McAuliffe Park, 10824 NE 116th St, Kirkland 98034. Enter off of 108th Ave NE

Fall ★ 7 weeks ★ No class 11/22
Resident \$67 / Non-Resident \$80

Tue	11am–12pm	Sept 13–Oct 25	34328
Tue	11am–12pm	Nov 1–Dec 20	34329

Winter ★ 6 weeks
Resident \$57 / Non-Resident \$71

Tue	11am–12pm	Jan 10–Feb 14	34330
Tue	11am–12pm	Feb 21–Mar 27	34331

Yoga for Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

Location: PKCC

Mondays ★ 6 classes ★ No class 11/21, 12/26, 1/2, 1/16 & 2/20 ★ Resident \$54 / Non-Resident \$65

Mon	5:30-6:30pm	Sept 12-Oct 17	33746
Mon	5:30-6:30pm	Oct 24-Dec 5	33748
Mon	5:30-6:30pm	Dec 12-Feb 6	33750
Mon	5:30-6:30pm	Feb 13-Mar 26	33752

Wednesdays 1.25 hr class ★ 6 classes ★ No class 11/23 & 12/28 ★ Resident \$68 / Non-Resident \$82

Wed	5:30-6:45pm	Sept 7-Oct 12	33747
Wed	5:30-6:45pm	Oct 19-Nov 30	33749
Wed	5:30-6:45pm	Dec 7-Jan 18	33751
Wed	5:30-6:45pm	Jan 25-Feb 29	33753
Wed	5:30-6:30pm	Mar 7-Apr 11	33755



Pilates for Beginners

A great workout that tones the entire body while focusing on core strength. Yoga stretches are incorporated to increase flexibility, balance and range of motion while improving posture, reducing risk of injury and stress. Pilates is effective for all ages and fitness levels through simple yet effective movements. Wear comfortable clothes and bring a mat to class.

Location: PKCC ★ **Instructor:** Gina Casanova

6 classes ★ No class 11/24 & 1/26
Resident \$52 / Non-Resident \$62

Thur	10:30-11:30am	Sept 8-Oct 13	33790
Thur	10:30-11:30am	Oct 20-Dec 1	33791
Thur	10:30-11:30am	Dec 8-Jan 12	33792
Thur	10:30-11:30am	Jan 19-Mar 1	33793
Thur	10:30-11:30am	Mar 15-Apr 19	33794

40 MINUTE FITNESS

NEW NAME SAME GREAT CLASS

Look amazing, feel even better and get it all done in one workout. 20 minutes of fun non and low -impact salsa moves to burn fat and 20 minutes of body sculpting on the floor using bands. Finish with 5 minutes of relaxing stretch.

Bring a mat to class ★ **Instructor:** Gina Casanova

Location: PKCC ★ 6 classes ★ No class 9/27
Resident \$40 / Non-Resident \$48

Tue	12:15-1pm	Sept 6-Oct 18	33784
Tue	12:15-1pm	Oct 25-Nov 29	33785
Tue	12:15-1pm	Dec 6-Jan 10	33786
Tue	12:15-1pm	Jan 17-Feb 21	33787
Tue	12:15-1pm	Feb 28-Apr 3	33788

Zumba Stretch

Working out can be healthy and rewarding and now it's more fun than ever before! Zumba combines Latin rhythms with easy to follow moves that make for a fantastic fitness program that will tone and sculpt your body. All abilities welcome.

Instructor Rhianna Ryer ★ **Location:** PKCC

6 classes ★ No class 9/22 & 11/24
Resident \$68 / Non-Resident \$82

Tue	5:45-7pm	Sept 6-Oct 11	33774
Thur	6:15-7:30pm	Sept 8-Oct 20	33775
Tue	5:45-7pm	Oct 18-Nov 22	33776
Thur	6:15-7:30pm	Oct 27-Dec 8	33777
Tue	5:45-7pm	Nov 29-Jan 3	33778
Thur	6:15-7:30pm	Dec 15-Jan 19	33779
Tue	5:45-7pm	Jan 10-Feb 14	33780
Thur	6:15-7:30pm	Jan 26-Mar 1	33781
Tue	5:45-7pm	Feb 21-Mar 27	33782
Thur	6:15-7:30pm	Mar 8-Apr 12	33783

Kid Yogarobics Ages 5 to 12 years Page 21

Aerobic Kick Boxing

This class blends your hidden personal powers with the tried and true technique of personal self-defense, dance, and kick boxing, all set to today's hottest music. It's easy. There's no complicated choreography to make you feel out of step. Participants from all walks of life describe the experience as energizing, explosive, uplifting, and just plain fun!

Location: Miller's Martial Arts Academy
8920 122nd Ave, NE Kirkland

Fall ★ 8 weeks

Resident \$57 / Non-Resident \$68

Sat	9-9:45am	Sept 17-Nov 5	34335
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Fall ★ 5 weeks ★ No class 11/26

Resident \$36 / Non-Resident \$43

Sat	9-9:45am	Nov 12-Dec 17	34336
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Winter ★ 10 weeks

Resident \$71 / Non-Resident \$85

Sat	9-9:45am	Jan 14-Mar 17	34337
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Personal Trainer Bargain Workout!

New 2-day per week format!

Who says you can't afford a personal trainer? Don't be uncomfortable with the costs, unsure of the commitment, or intimidated by personal trainer programs. We've developed this affordable and effective class format with you in mind. With a low ratio of 1:8 you will receive the motivation and individual instruction needed to make your commitment to better health and body a reality. Measurements, body composition, and personal goals will be monitored during this program. Work out in a small group setting to a program that is tailored for home training as well. Do something for you, and flaunt the results!

Instructor: Therese Weaver ★ **Location:** NKCC

6 weeks ★ No class 11/22, 24 & 12/6, 8

Resident \$132 / Non-Resident \$158

Tue & Thur	8:10-9:10am	Sept 13-Oct 20	34338
Tue & Thur	8:10-9:10am	Nov 1-Dec 22	34339
Tue & Thur	8:10-9:10am	Jan 10-Feb 16	34342
Tue & Thur	8:10-9:10am	Feb 21-Mar 29	34343